



# January and February 2015

## Therapeutic Programming For Individuals with Special Needs

### Pump it Up Fitness

Location: Norman Park Center  
270 F Street

#4105.191 Mondays, 3:30-5:00pm  
Jan 12, 26 (MLK Holiday 19)  
Feb 2, 9, 16



Ages: 15+

\$27.00 Resident

\$33.00 Non-Resident

Join us for some exercise and fitness! A chance to meet new friends and learn fun ways to get in shape. Workouts are designed for individuals with developmental and/or physical disabilities.

Instructor: Rec Staff

### Move & Groove Dance

Location: Heritage Community Center  
1381 E. Palomar Street

#4206.191 Tuesdays, 5:30-6:20pm  
Jan 13, 20, 27  
Feb 3, 10, 17



Ages 5+

\$27.00 Resident

\$33.00 Non-Resident

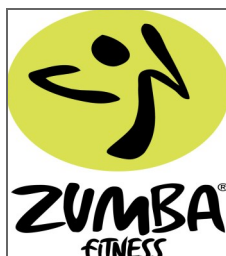
Come get your groove on! This class will offer a variety of dance moves including line dances and hip hop. Designed for individuals with developmental disabilities. Dance to all your favorites: Katy Perry, Justin Timberlake, Iggy, etc.

Instructor: Rec Staff

### Zumba

Location: Norman Park Center  
270 F Street

#4300.191 Wednesdays, 6:00-7:00pm  
Jan 14, 21, 28  
Feb 4, 11, 18



Ages: 5+

\$27.00 Resident

\$33.00 Non-Resident

Dance your way to a fitter you! Zumba is a fusion of Latin and International music creating a party-like atmosphere. Routines are aerobic. Come have fun and go at your own pace. Designed for those with developmental disabilities.

Instructor: Rec Staff

### Fun & Fit Bootcamp

Location: Heritage Community Center  
1381 E. Palomar Street

#1105.194 Thursdays, 4:30-5:30pm  
Jan 15, 22, 29  
Feb 5, 12, 19



Ages: 5+

\$27.00 Resident

\$33.00 Non-Resident

Join us for our version of Bootcamp. This class is designed to build strength and fitness through a variety of intense group intervals in a functional manner! Designed for those with developmental disabilities.

Instructor: Rec Staff

### Hoop it Up Basketball

Location: Heritage Community Center  
1381 E. Palomar Street

#4202.192 Fridays, 4:15-5:05pm  
Jan 16, 23, 30  
Feb 6, 13, 20



Ages: 5+

\$27.00 Resident

\$33.00 Non-Resident

This class concentrates on the fundamentals of basketball basics, hand-eye coordination, and body strengthening. This class is for those with little or no basketball background. Designed for those with developmental disabilities.

Instructor: Rec Staff

# Special Events

## 2015 PARENT'S NIGHT OUT!

**Location:** Heritage Community Center  
1381 E. Palomar Street

**#9902.193** Saturday, January 17  
5:00-7:00pm

**\$6.00 Resident**  
**\$10.00 Non-Resident**



Start the New Year off right with a fun date night for the parents! The participants will enjoy pizza, games, crafts and movies with our staff! We hope to see you there!

You Must Pre-Register by 1/14

## Sweethearts Valentine's Dance

**Location:** Woman's Club  
357 G Street

**#9904.193** Friday, February 6  
6:00-8:00pm

**\$6.00 Resident**  
**\$10.00 Non-Resident**



Come join us for our SweetHearts Valentines Dance. It will be an evening of dancing to your favorite tunes. Refreshments will be served along with raffle prizes!! See you there!

**\*\*Parent's please plan ahead and pre-register for our Classes and Special Events . You may register at any of our City of Chula Vista Recreation facilities or our Recreation webpage, [www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec) . We really appreciate it. Thank you.**

**We would love to hear from you if there is a class or event you would like to see us offer please let us know we are always open to suggestions.**

Contact: Carmel Wilson, CTRS, Recreation Supervisor III, [cwilson@chulavistaca.gov](mailto:cwilson@chulavistaca.gov), (619) 421-7032  
Heritage Park & Community Center, 1381 E. Palomar Street, Chula Vista, CA 91913

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